



COUCH TO 5K



Want to be able to run 3 miles?

Join our group and work up your endurance.
Train for 9 weeks with experienced runners.
No running experience needed!

WHEN: First meeting and workout is: **August 24th at 6:00p.m.**

TRAINING RUNS: Every Monday @ 6:00p.m. August 24th- October 19th

WHERE: Tullahoma High School Track

COST: FREE! Only expense is entry fee into Jack Dash 5K in Lynchburg, TN on October 24th, 2015 (\$25).

Workouts will last 45 min. to 1 hour. Bring a towel for core work and stretching. Water will be provided. For more information contact Kim Childress at kim@machtenn.org or Melissa Miller at melissa@machtenn.org.



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